

# INTER CARE

MANHATTAN · WESTCHESTER

Specialists in Alcohol and Substance Use Treatment

## Dual Focus Group

- ♥ Specifically designed to address the **DUAL** needs of clients who have struggled with both Chemical Addiction and Mental health problems. (I.e. Depression, Anxiety, Bipolar etc.)
- ♥ The Dual Focus Group can be used as a step down from inpatient, partial hospitalization or intensive outpatient programs for the purposes of continuing care.
- ♥ Requirements for Dual Focus Group:
  - ♥ Participants must have at least 30 days clean and sober
  - ♥ Mental health problems must be manageable through non-intensive outpatient group therapy and monthly medication management.
- ♥ Program infrastructure is comprised of twice weekly process groups and weekly individual session scheduled on a third day.

Manhattan  
Mondays & Thursdays  
1:00pm - 2:30pm

Westchester  
Tuesdays & Fridays  
1:00pm - 2:30pm

This program provides an integrated treatment approach for co-occurring chemical dependency and psychiatric disorders. The program and its specialized team are managed by a board certified psychiatrist, who is involved in all assessments and treatment planning. For more information contact our intake department at 212-532-5804

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[www.inter-care.com](http://www.inter-care.com)